

General advice

Knee pain Causes, treatments and self-management (versusarthritis.org)	
Knee problems - Muscle, bone and joint injuries NHS inform	
Knee pain - NHS (www.nhs.uk)	

General and condition related Exercises

NHS Ayrshire & Arran - Osteoarthritis of knee (nhsaaa.net)	
NHS Ayrshire & Arran - Knee exercises (nhsaaa.net)	
NHS Ayrshire & Arran - Anterior knee pain (nhsaaa.net)	
NHS Ayrshire & Arran - Knee: Patellar Tendinopathy - NonTraumatic Knee Pain (MSK) (nhsaaa.net)	